

As you are aware as part of the Scottish Governments' digital mental health strategy, and escalated response to COVID-19, we have been able to expand the range of evidence-based cognitive behavioural therapy (CBT) programmes we offer through the computerised CBT service in NHS Greater Glasgow and Clyde. In addition to our current programme Beating the Blues cCBT for mild to moderate anxiety and depression (which will continue to be available) we have eight additional programmes now available for referral.

The new programmes are delivered using the digital platform SilverCloud and include:-

1. cCBT depression and / or anxiety associated with specific Long Term Conditions:
  - a. Chronic Pain
  - b. Diabetes
  - c. Lung Conditions
  - d. Coronary Heart Disease
  - e. Rheumatoid Arthritis
2. Social Anxiety
3. Health Anxiety
4. Covid-19 - This is a psychoeducational programme. As well as being offered on a supported basis (as with the other programmes), this is also offered through an unsupported site at <https://wellbeing.silvercloudhealth.com/signup/>, selecting the relevant health board and using the access code 'Scotland2020'. There are three additional psychoeducational programmes available using this link covering stress, resilience and sleep.

All programmes offered through the cCBT Service are interactive, during session patients can watch video clips, complete exercises and learn CBT techniques that will help them manage their depression and/or anxiety. Within each module patients are given activities to carry out between sessions.

All referrals to the cCBT Service are made through SCI gateway where you will find a drop down list whereby you can then select the programme that you think best fits your patient's needs.

Management of risk follows the same process that we have in place for Beating the Blues. We need the patient's email address to activate an account for them, when asking if a patient would like to be referred to cCBT we would greatly appreciate if you can obtain an email address.

**Suitable for patients aged 16+ with:**

- ✓ Mild to moderate depression and/or anxiety (including phobias or panic attacks) either as a primary problem or in response to a variety of long term conditions
- ✓ Willingness to be pro-active in their treatment recovery and to use a computer based programme

**Not suitable for patients:**

- ✗ With active suicidal ideas or plans
- ✗ Who are unable to read or write English (reading age below 10/11 years)
- ✗ In acute phase of psychosis or mania, or with cognitive functioning disorder, e.g. dementia.

We will be attending GP Forums in the coming months to further communicate new service developments and answer any questions you may have. In the meantime please do not hesitate to contact us should you have any questions.

Enquiries to: NHS GGC cCBT Service

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